

Some Important Things to Remember

1

Bottles are for formula, breastmilk and plain water only. Do not put juice in a bottle.

2

Teach your baby to eat from a spoon.



Do not use an infant feeder.

3

Offer small amounts of food at first. Slowly increase the amount as baby gets older.

4

Never force your baby to finish a bottle or food. Your baby is the best judge of how much to eat.

Overfeeding can lead to weight problems.

5

Add one new food at a time. Wait about a week before starting the next new food.



If your baby has a problem with a food, you will know which one it is.

6

Choose plain, one-item foods when buying commercial baby foods.



7

Remove only enough baby food from the jar for one feeding. Throw away food left over in the feeding dish. Food left over in the jar should be tightly sealed and stored in the refrigerator.

8

Do not add seasonings (fat, grease, sugar or salt) to baby's food. No gravy for baby.

9

Don't give baby honey, fruit-flavored drinks, tea, coffee or soft drinks.

10

Do not put baby to bed with a bottle.

11

Baby should be weaned by one year of age.



Nutritionist

Phone Number
R-3

Produced by Division of
Supplemental Food Programs
Tennessee Department of Health

Format adapted with permission from Memphis Tennessee Division in Pediatric Practice Group and from California Department of Health Services, WIC Supplemental Food Section.

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Department of Health
Authorization No. 343741. No. of Copies - 30,000
This public document was promulgated at a cost of \$.24 per copy. 5/78



4 Months to 1 Year











Suggested Times for Adding Foods During Baby's First Year

Babies grow and develop at different rates. There are no rules that tell you the exact day or week when your baby will be ready for solid foods. These signs will help you tell.

Baby:

- can sit with support.
- leans forward when ready for more food.
- turns head away when full.
- does not push food out of mouth with tongue.

							
<p>Continue breastmilk or iron fortified formula until one year of age.</p>	<p>■ PLAIN INFANT CEREAL from a spoon Begin with rice; then oatmeal or barley</p> <p>Try about 1 teaspoon dry cereal mixed with formula or breastmilk the first time; gradually increase amount as baby gets older.</p>	<p>■ INFANT VEGETABLES AND FRUITS Strained</p> <p>■ INFANT FRUIT JUICE and WATER From a small cup with help</p> <p>When adding these foods offer small amounts at first.</p>	<p>■ OTHER INFANT CEREALS</p> <p>■ LEAN MEAT Strained</p> <p>■ MASHED OR STRAINED COOKED DRIED BEANS</p>	<p>■ MASHED VEGETABLES and FRUITS</p> <p>■ EGG YOLK Cooked</p> <p>■ WATER, INFANT JUICE or FORMULA Help baby drink from a small cup. Offer a variety of foods.</p>	<p>■ FINGER FOODS cut into bite-size pieces</p> <p>Toast, crackers</p> <p>Soft pieces of well cooked vegetables</p> <p>Peeled, soft fruit</p> <p>■ USE CUP MORE</p>	<p>■ FOOD FROM THE FAMILY TABLE</p> <p>Tender vegetables and fruit</p> <p>Tender, chopped, lean meat, chicken, fish</p> <p>Cereal, bread</p> <p>Finely chopped or mashed dried beans and peas</p> <p>Mild cheese</p> <p>■ FORMULA, WATER AND JUICE FROM A CUP</p>	<p>■ WHOLE EGG</p> <p>■ START WHOLE MILK</p> <p>■ WEAN FROM BOTTLE</p>
<p>4 to 12 MONTHS</p>	<p>4 to 6 MONTHS</p>	<p>6 to 7 MONTHS</p>	<p>7 to 8 MONTHS</p>	<p>8 to 9 MONTHS</p>	<p>9 MONTHS</p>	<p>10 to 12 MONTHS</p>	<p>ONE YEAR</p>

WARNING:

Babies can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks and hot dogs. Do not give these. Young children should be closely watched when they are eating.